



2025 WAC 7-8 ALL SPORTS 5

Join us in the LHHS MAC Weight Room this summer for WAC (Wildcat Athletic Course): functional strength workouts designed to enhance the athletes' ability to meet the high physical demands of their sport. Our focus is to provide a wide range of strength, agility, and plyometric exercises which will aid our athletes in reaching optimal performance goals in their sport(s). WAC is available to all current boy + girl Wildcat athletes and incoming Freshmen.

Camp Start Date: July 14, 2025

Start Time: 7:45:00 AM

Camp End Date: July 17, 2025

End Time: 8:45:00 AM

Date Details: Incoming 7-8th Grades, Boys + Girls All Sports

Venue Name: LHHS MAC

Venue Address: 9449 Church Rd, Dallas, TX 75238

Camp Cost: \$20.00

Questions: Judd Smith - Head Coach judd.smith@risd.org (469) 593 - 1181

Special Notes:

MAC (Multipurpose Athletic Center) is an indoor training facility and weight room located behind the LHHS HUB. Please have your camper wear athletic clothes/shoes and bring water. You may also pay cash at the door or *request financial assistance by emailing bryn.volkmer@risd.org.

Medical Info:

I acknowledge that my child is physically able to participate and I hereby authorize the camp directors to act for me according to their best judgement in any emergency requiring medical attention. I release RISD, Lake Highlands High School, and all personnel associated from any liability associated with sickness or injury during specified camp hours. This camp is not sponsored nor endorsed by RISD.